

## DOCTOR BODY: SOLICITATION OF THE BOWELS

Last, but by no means least, comes the matter of solicitation of the bowels. In this case, regularity in solicitation will invariably produce regularity in movement. The bowels should be solicited every morning, soon after rising, and every night just before retiring. We only wish that we could impress everyone with the importance of this practice, and of the immense benefit of regularity in the pursuance of it. Just as the stomach requires the habit of expecting food, so will the bowels respond to solicitation if regularity is persisted in.

## DOCTOR BODY: SHOW AND SUBSTANCE

The rose of florida, most beautiful of flowers, emits no fragrance; the bird of paradise has no song; the cypress of greece yields no fruit; and ball-room belles have no sense. A man of wit may sometimes be a coxcomb, but a man of judgement never can. A beau dressed out is like a cinnamon tree -- the bark is worth more than the body. An ass is but an ass regardless of its gold. A fop of fashion is said to be the mercer's friend, the tailor's fool, and his own foe. Show and substance are often united, as an object and its shadow, the sun and its glory, and the mind and its body. To discriminate between show and substance is a work of critical judgement. There is show without substance, substance without show, and show and substance together.

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## TESTAMENTS: 5

It's a testament  
to a way of life  
no longer lived  
that I should sit here  
and write while  
the rest of the world  
goes crazy.